

Be a Youth First Family

Resources from Youth First Social Workers and Programs for parents and caregivers to use in the home.

Elementary School Kids

Emotions Scavenger Hunt

- **Write down different emotion words on slips of paper. Some examples are: happy, sad, scared, angry, calm, excited, frustrated, worried, embarrassed, joyful, disgusted, etc.**
- **Once emotion words are written down on slips of paper, have the parent or caregiver hide them throughout the house.**
- **When children find each emotion word, have them read it out loud and share something that causes them to feel that emotion.**
- **Once the children have found all of the slips of paper, have them hide them and the parent or caregiver takes their turn next!**



About Youth First, Inc.:

Youth First's mission is to strengthen youth and families through evidence-based programs that prevent substance abuse, promote healthy behaviors, and maximize student success. Youth First partners with 81 schools across 10 counties to provide 60 Master's level social workers who assess needs, develop and implement prevention plans, and connect students and their families to community resources. Youth First also offers afterschool programs involving parents and caregivers to strengthen families. For more information about Youth First, please visit youthfirstinc.org or call 812-421-8336.